

their full share at the ten or a dozen courses served, is liable to have troublesome dreams towards morning. He dreams of short crops, of farmers pleading poverty, and how this must affect merchants and manufacturers, who will not be able to meet their payments, etc. Indeed he is so strongly impressed with the idea of business depression, that he cannot and does not realize that it was only a dream. No; he goes to the bank, and is much more careful in scrutinising paper offered for discount. Nothing but "gilt-edge" passes that day. If he has the slightest doubt about any of his "call loans," payment is requested at once. Thus many of the bank's customers have for a short time to share the sufferings of an unfortunate dyspeptic with an overloaded stomach.

We quote again from Dr. McPhedran:

"First in the digestive process is mastication. With the mass of people, food is eaten too hurriedly and only partially masticated, and, therefore, is more difficult of digestion. The objects of mastication are manifold. The primary object is, of course, the minute division of the food, so that the digestive fluids may easily gain access to all parts of it. Almost of equal importance is the admixture of the food with saliva, the flow of which is stimulated by mastication. The importance of the saliva in digestion is widely under-estimated. That it aids greatly in the digestion of the starchy foods we can readily convince ourselves by chewing a crust, and observing the sweetness developed as it becomes converted into a pulp. The saliva, also, owing to its alkalinity, is an efficient stimulant to the secretion of the acid gastric juice, which is also stimulated, reflexly, by the act of chewing. Mastication also stimulates the circulation so that the heart beats more forcibly and frequently, sending an increased supply of blood to the nerve centres, which, as part of the general result, leads to increased secretion of the digestive fluids, which are probably improved also in quality. The mere act of masticating a small piece of crust raised my own pulse, while writing this, from 60 to 72 beats per minute. There is still another object to be attained by full and complete mastication; that is, to enable us to judge when we have eaten enough, and so prevent us from eating too much. No one will dispute that the mass of people eat too much; they do so chiefly because they eat too fast.

Many dyspeptics have voracious appetites, says Brunton in his work on digestion, and "can eat every hour of the day." Also in cases of tubercular disease of the mesenteric glands, patients eat enormous quantities of food. In neither of these does sufficient nutriment reach the tissues. Hence it is evident that if the meal is eaten too hurriedly, there will not be time for the first part of it to be digested and absorbed to supply the nerve centres and tissues generally with the nourishment they demand before sufficient is eaten; and until this demand is supplied the feeling of hunger is not fully appeased, and before we are aware of having had enough of food, the stomach may be overloaded.

"In the matter of diet, nothing more than general principles can be laid down. Intel-

ligently used, perhaps the late Austin Flint's rule should be sufficient: 'The diet should be regulated by the appetite, the palate, and by common sense.' Food eaten with a relish is usually wholesome, even though it is sometimes contrary to our preconceived notions. Experience must needs be the guide to our common sense, and where people have no experience, as in recovering from typhoid fever, for example, they had better be guided by that of others. It is not so often *what* we eat, as *how* we eat, that 'upsets' our stomachs. Not a few people unnecessarily eliminate many articles of food from their diet, under the impression that they cannot digest them. Such an one presented herself to me not long ago for advice; she could not take meat, eggs, or milk. An alkaline stomachic was prescribed; she was assured it would enable her to digest all these articles of diet, and she was requested to take them in moderation, and without worry. On returning a few days afterwards, she gleefully reported that they all agreed with her from the first, and that she now felt well."

#### OVERPRODUCTION.

The constantly recurring trouble of a productive machinery in excess of the requirements of the market in certain lines of goods appears again just now in Canadian knitted goods. A circular has been issued to the knitting manufacturers of shirts and drawers by one of the prominent manufacturers in this line, Mr. Simpson, of Toronto. This circular begins by a reference to the grave aspect of affairs which induces him to address his fellow-manufacturers, and continues:—"The popular impression that large quantities of wools of all kinds are being carried over by the retail trade, together with the prevailing uncertainty of financial conditions, have induced the wholesale trade to wisely moderate their orders for the coming fall. These same influences are also disabling us from obtaining the legitimate advance in prices which a full fifteen per cent. advance in raw material should entitle us to expect.

"If under such circumstances we should continue to run our mills to their full capacity, the result would probably be such an overproduction of goods as would affect the market for the next two years, not only destroying all chances of profit, but probably bringing disaster in its train.

"I submit therefore whether it would not be wise for the mills to at once stop all machinery except such as is in use on *bona fide* orders, that is orders that pay a fair profit. I have already stopped one-third of my machinery, and given imperative instructions to stop the balance as fast as orders are exhausted.

"If all the mills will co-operate in this conservative policy, keeping the supply of goods fully within the limits of demand, I have no hesitation in predicting not only an avoidance of disaster for the future, but a fair prospect of remuneration instead of loss."

—The "McClary Club" is the name of a society formed by 150 employees of the McClary M'fg Co., London. The idea is to supply meals to members at a low figure, to provide suitable periodicals and papers, and also all kinds of games and music. It is proposed to have separate dining and sitting rooms for the ladies, also smoking and bathrooms for the men, and a school of instruction in cookery is suggested.

#### THE ICE CROP.

The use of ice in summer has reached great lengths in this country. Many among us who live in towns think they cannot get along without the article, forgetful that the farmer makes shift to endure life, in very hot seasons, too, without such a luxury. And in the United States ice is really regarded as a necessary of life. The people there, as a rule, drink quantities of ice-water, some of them at all seasons of the year, and have even become accustomed to think it is good for them. This national custom, whether wise or foolish we need not here enquire, added to the many uses to which ice is put by brewers, butchers, bakers, restaurant-keepers, etc., creates a demand for a very large supply. Hence, when a mild winter comes, and it is impossible to get ice of usual thickness and in usual quantity, when, as the commercial slang goes, the ice crop is a failure, apprehensions of an "ice famine" are loudly expressed.

A few weeks ago a number of New York firms who had been accustomed to cut ice on the Hudson for that market, found it needful to go farther north, and so visited the colder region of the Richelieu River, or the lake near St. John's, Que. Here they began operations, erecting great storehouses, cutting and storing ice. In the midst of their work there came a thaw, with prolonged rain. This deranged their plans, and most of the firms returned south with their impediments. One, however, remained, and he, when cold weather returned, went on with his work. Even as late as last week local gangs were at work in Valleyfield, Knowlton (Brome Lake), Lacolle, gathering ice and getting \$1.50 and \$1.75 per ton for it from such concerns as the Knickerbocker Ice Company of New York. Steam power is applied in handling the ice, which is cut by "ploughs," and at one point, says a correspondent, a hundred men are employed day and night in the work, and at Knowlton, according to the *News*, they even worked on Sunday. Coming westward, we find evidences of very brisk demand for Canadian ice. Kingston is a favorite point for some American buyers, and is able to do her share in this season's supply. Lake Simcoe, sixty miles north of Toronto, is however perhaps the scene of greatest activity in this direction.

Many thousands of tons have already been shipped from Barrie by rail, and many thousands more are stored for American as well as Canadian parties. The ice business at that point on Lake Simcoe has been an industry of considerable importance. It is difficult to estimate the amount harvested, but good judges place it at 110,000 tons; about 35,000 or 40,000 tons has already been shipped, and the remainder, say 70,000 or 75,000 tons, is now stored in the different ice houses on the lake. The estimated cost delivered f.o.b. at Barrie when loaded from the bay is from 30 to 40c. per ton; when stored in ice house the cost, we are told, is greater, being from 50 to 65c. per ton. Freight rates are \$1.25 to Buffalo, \$1.50 to Detroit, and to Cincinnati, New York, and Pittsburg, \$3.00 per ton. The Cayuga Ice Line Company and the Buffalo Ice Company are the largest operators. Some ten years ago there was a big "ice harvest" at Barrie, but the quantity now taken from the bay will more than double the amount got out at that time. It is mentioned incidentally by our correspondent in Barrie that a good deal of harm is done to the lumbermen and other shippers owing to the inability of the railway to supply cars. "Many of them suffer severe pecuniary loss from this cause, so that the ice